



2022 Costa Rica Experiences - Soccer Camp & Intercultural Exchange

Program Description

Participants will spend 11 days living in La Flor, a small community in a valley of Northern Central Costa Rica. They will engage daily in soccer training with two experienced coaches and alongside Tico peers as well as explore incredible natural attractions of the Rio Cuarto cantón. The experience will conclude with an amicable tournament amongst players and several local teams.

Program Goals

This opportunity looks to focus on three areas:

- **Community:** making lasting friendships through living within a rural community and participating in daily soccer training with Tico peers
- **Cultural Competence:** engaging with local community to share culture through a variety of intercultural exchanges
- **Learning:** about Tico culture, food, and language through living in a rural community and gaining an understanding of local flora and fauna and natural beauty through field trips and tours



Country Description

Costa Rica is the wealthiest country in Central America and has established itself as a leader in territory preservation and sustainability. Over 26% of Costa Rica's land is protected for conservation, much of which falls within its 29 national parks. Costa Rica is home to 5% of the world's biodiversity and is well known for ecotourism. The country is a military-free democratic republic. Learn more at <https://www.visitcostarica.com/en/costa-rica/general-information>.

Program Fees & Registration Information:

- Please submit the following to register:
 - Registration Form
 - Copy of Passport, COVID Vaccine and Insurance Card
 - Registration fee (checks made out to Go Tico!)
 - Behavioral Expectations & Photo Release Form
- Note: all programs have minimum requirements for participants (8). Should the minimum not be met at time of deadline, all funds will be returned to registered participants.

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| Dates | July 2 - 12, 2022 (Ages 13 - 16) |
| Fee | \$2,300 |
| Registration Deadline | May 20, 2022 |

Program Fee Includes:

- All accommodations, including overnight stays off site
- All meals
- Fees for soccer training and tournament registration
- In-country transportation, airport pick up and drop off at San Jose (SJO) airport during designated time-windows
- All entrance fees for tours and activities
- Pre-departure (to US) COVID tests as required

Travel Vaccinations:

- All travelers must have COVID-19 vaccine complete and travel with their vaccination card
- All travelers should visit either their personal physician or a travel health clinic 4-8 weeks before departure.
- Please consult the following website for government recommendations regarding vaccines: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>

Program Itinerary Sample*:

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| Day 1 | <ul style="list-style-type: none">-Airport pick-up and Arrive as group to Costa Rica-Settle into cabins (*homestays may be an option depending on participant Spanish level)-Orientation-Dinner-Icebreakers |
| Day 2 | <ul style="list-style-type: none">-Breakfast-Tour Tour & Meet & Greet with local residents-Excursion: Biological Reserve hiking & Chocolate Tour-Dinner-Community Night |
| Days 3, 4, 5, 6, 7 | <ul style="list-style-type: none">-Morning Soccer Training with Tico peers-Afternoon Excursion: River Boat Tour, Refuge Hike, Volcanic Lake Kayaking & Swimming, Butterfly Garden, Thermal Waters, Tamales with local residents-Evening Community Night |
| Day 8 | <ul style="list-style-type: none">-All-day outing to Arenal National Park-Evening community night |
| Day 9 | <ul style="list-style-type: none">-Soccer tournament in La Flor, Costa Rica-Closing Potluck |
| Day 10 & 11 | <ul style="list-style-type: none">-Morning Excursion: Waterfall hike-Afternoon Reflection-Overnight in Alajuela-Head home! |

Passport:

Routine applications are processed in approximately 6-8 weeks from the time of application, but wait times now are generally longer. Additional Information:

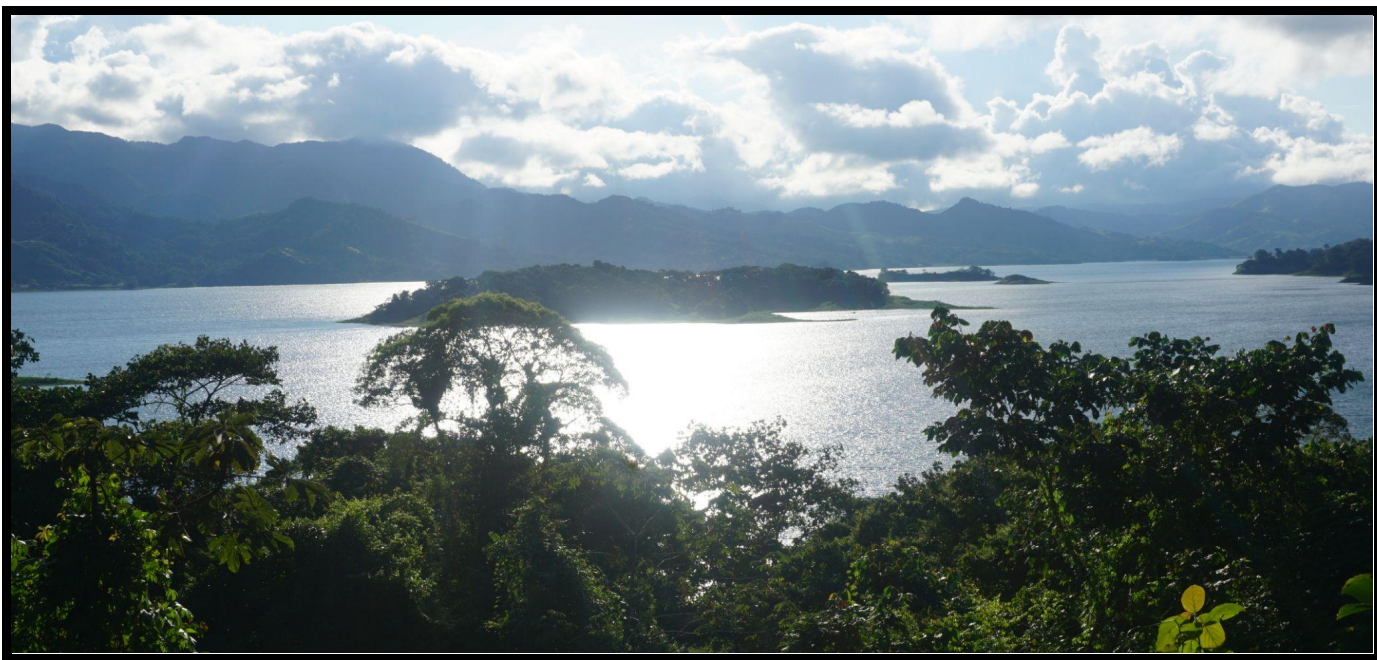
<http://travel.state.gov/passport>

Contact Information:

Sara Bembenek-Saborio at Go Tico! Costa Rica

Whatsapp: +1-608-957-6421

goticocostarica@gmail.com



FAQs

Where will youth be staying? Participants will be residing in cabins in the host community of La Flor de Rio Cuarto. The community is a small, rural town of about 300 people.

Who else will be going on this trip? Go Tico! Costa Rica directors Sara Bembenek-Saborio and Johel Saborio Gonzalez will be the hosts on this trip.

Is the community safe? The community is incredibly safe, as it is so small that most of the families have been living there for much of their lives. The people of La Flor are wonderful, kind hosts who enjoy having students share their culture.

We heard cell phones aren't allowed. Is that true? Kind-of..... Historically, Go Tico! has not allowed cell phones on trips to provide students with the freedom to *just live* in Costa Rica, interact with the community and be free from always having to be connected and reporting back on everything that happens in life. Past students have greatly enjoyed time to disconnect and immerse themselves in their experience. Another reason to avoid phones while on the trip is that scammers love to prey on parents & grandparents eagerly awaiting their kids' arrival from abroad. Social Media posts about traveling abroad allows for scammers to take advantage of family who may not be keeping as closely in touch with your student. However, we will be allowing cell phones this year with the requirement that all students leave them in their accommodations or check them into a

cell phone basket during daytime engagement with community members. They will be available during free time and evening quiet hours.

Where is the nearest medical facility? The nearest private medical clinic (open standard business hours) is 15 minutes away. The nearest 24 hour medical facility is 13 miles (25 minutes). The chaperones will have access to a car at all times in case of an emergency. If need be, transportation by ambulance is available.

Are payment plans available? Yes! Please reach out to us to extend your payments over several months prior to the trip: goticocostarica@gmail.com.

Parental Consent And Waiver of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”)

2022 Soccer Camp & Intercultural Exchange

I, the undersigned parent or legal guardian of _____ (herein referred to as my “Child”), request that my Child be allowed to participate in the 2022 Costa Rica Soccer Camp & Intercultural Exchange coordinated by **Go Tico! Costa Rica** and chaperoned by **Sara Bembenek-Saborio and/or Johel Saborio Gonzalez** (herein referred to as “the Program”). This Agreement shall remain in effect until the conclusion of the Program. In return for my Child being permitted to take part in the international travel and activities and to use the facilities and property of third parties, I make the following promises and warrant as to the truth of the following facts.

1. I understand that this Program is not an activity sponsored or endorsed by and is not connected in any way or manner whatsoever with any school (herein referred to as “School”).
2. I am familiar with all the activities included in the Program, and I understand that representatives from the Program are available to discuss these activities if I should wish for additional information. I will inform my Child that he/she is expected to cooperate with, and follow the directions of, the persons in charge of the activities and to act in a manner consistent with the spirit of good international détente and respect for the rights of others.
3. My Child is in good health, and I know of no reason why he/she would be incapable of participating in all the Program activities. I will immediately notify the representatives of the Program if a change in my Child’s health or other condition would affect his/her ability to fully participate in the Program.
4. I hereby waive and release any right I, my heirs, distributees, guardians, legal representatives and assigns may have or acquire to make a claim against, sue, attach the property of, or prosecute **Sara Bembenek-Saborio, Johel Saborio Gonzalez, School** or any of their members, governors, officers, agents, family members, instructors, and affiliated organizations (herein referred to as the Releasees”) for monetary damages caused by injury to my Child or damage to the property of my Child or myself arising from my Child’s participation in the international travel and activities and use of the facilities and property of third parties, whether or not the injury or damage results from the negligence or other action of the Releasees.
5. I am aware that the international travel and activities of the Program involve traveling to and living in rural communities and remote National Parks in the country of Costa Rica which do not have emergency medical facilities nearby. With knowledge of the dangers involved, I voluntarily ask that my Child be allowed to take part in the international travel and activities of the Program.

I ACCEPT ANY AND ALL RISKS TO MY CHILD OF INJURY, DISABILITY, DEATH AND PROPERTY DAMAGE ARISING FROM INTERNATIONAL TRAVEL TO COSTA RICA AND PARTICIPATION IN THE ACTIVITIES, AND THE USE OF THE FACILITIES AND PROPERTY OF THIRD PARTIES, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION OF THE RELEASEES.

6. I agree to indemnify and hold harmless the Releasees from any loss, liability, damage or cost, including reasonable attorneys fees, they may incur due to my Child's participation in the international travel to Costa Rica and activities of the Program and us of the facilities and property of third parties, whether or not such loss, liability, damage or cost results from the negligence or other action of any of the Releasees.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AN ASSUMPTION OF RISK, AND AN AGREEMENT BY ME TO INDEMNIFY THE RELEASEES, AND I SIGN IT OF MY OWN FREE WILL.

PARENT OR LEGAL GUARDIAN SIGNATURE (1):

Print Name

Date

PARENT OR LEGAL GUARDIAN SIGNATURE (2):

Print Name

Date

**La Flor de Rio Cuarto, Costa Rica
Soccer Camp & Intercultural Exchange**

Registration Form 2022

Name: _____
(Child) First Last

Address: _____
 Number and Street

 City, State and Zip Code

Phone: _____ Parent Email: _____

Birth Date: _____ Student Email: _____

Grade in 2021-22: _____

Name: _____
(Parent or Legal Guardian) First Last

Address: _____
 Number and Street

 City, State and Zip Code

Home Phone: _____ Cell Phone: _____

E-Mail: _____ ***All communication will be via WhatsApp**

Emergency Contact:

Name: _____ Relationship: _____

Phone: _____ E-Mail: _____

Program Dates: July 2-12, 2022 **Registration Deadline:** May 20, 2022

Orientation: Tuesday, June 17 at 7:30 p.m.

Will you be available for the virtual orientation meeting? Yes No

Special Instructions:

Allergies: _____

Medical Conditions, Medications, Treatment Plan: _____

Behavioral Conditions***, Concerns, Items to be Aware of: _____

Dietary Restrictions: _____

Other notes: _____

**Notes here do not exclude a student from participating. What it does do is keep the chaperones informed and prepared to address concerns that may arise when your student is in a new place with new people in another country. Basically, if there is an issue that may arise while abroad that we need to know how to deal with, let us know here.

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| To register, submit to Sara Bembenek-Saborio Go Tico! Costa Rica 6578 Purcell Road Belleville, WI 53508 | 1. Registration Form 2. Liability Waiver 3. Program fee (checks made to Go Tico! Costa Rica or paypal) 4. Copy of passport 5. Copy of COVID vaccination card |
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